

DATE:	

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Pri	itable	Workouts

CARDIO TODAY? WORKOUT DURATION: INTENSITY:

LEGS AND ABS

Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.

* AMAP = As many as possible

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Nº	Exercise	Sets	Reps
01	Barbell Squats	03	8
02	Romanian Deadlift	03	10
03	<u>Dumbbell Lunges</u>	03	15
04	Barbell Ab Rollout	03	10

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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